

Roasted Pumpkin Soup

Makes 4-6 servings | **Vegetables**

Ingredients

- 2 Tablespoons canola oil, divided
- 1 4-pound sugar pie pumpkin
- 1 large yellow onion
- 4 large garlic cloves
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon cayenne pepper (optional)
- ½ teaspoon cumin
- ½ teaspoon black pepper
- 4 cups (32 ounces) low-sodium broth
- ½ cup low-fat plain yogurt
- Roasted pumpkin seeds or almonds (optional)

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Preheat oven to 425°F.
3. Carefully cut the pumpkin in half and scoop out the seeds.
4. Slice each pumpkin halve in half to make quarters. Brush pieces with oil and place cut sides down onto the baking sheet.
5. Roast for 35-45 minutes or until pumpkin flesh is soft. Set it aside to cool.
6. Wash the onion and dice. Mince the garlic. Set aside.
7. Once the pumpkin is cool enough to handle, peel off the skin. You may need to use a knife to slice the skin off. Throw away the skin.
8. Cut the pumpkin into smaller chunks.
9. Heat the remaining oil in a large pot over medium heat. Once the oil is hot, add onion, garlic, and salt to the skillet. Cook, stirring occasionally, until onion is clear, about 8-10 minutes.
10. Add the pumpkin, spices, and broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes, to give the flavors time to blend.
11. Remove the soup from heat and let it cool slightly. Working in batches, place the soup into a blender and blend until smooth. Do not fill your blender past the maximum fill line. Transfer the puréed soup to a large bowl and repeat with the remaining batches.

Continued on the back



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyo.cnpp.org/> | cnpp-info@uwyo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.

12. Once all the soup is blended, place it back in the pot.
13. In a small bowl, combine ½ cup of soup and the yogurt. Stir until smooth. Add back to the soup and cook 5-10 more minutes.
14. Ladle the soup into individual bowls. Sprinkle with roasted pumpkin seeds or almonds, if desired.